



Manor Message



Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

March 2015

Featured Articles

Monarch Moments	pg. 02
Coord. Corner	pg. 04
Wellness	pg. 05
Wellspring L.S.	pg. 06
Giving Matters	pg. 07
Mayor's Message	pg. 08
Parish Nurse Note's	pg. 09
Senior Advocate	pg. 10
Maintenance Tips	pg. 11
G.Bruner's Bulletin	pg. 12
Shining Star	pg. 13
Monthly Recipe	pg. 16
Word Search	pg. 17

Administrator's Pen

Greetings OSM Family and Friends,

We are approaching our annual Friends and Family campaign fund raiser. This year, our designated project is to purchase a chair lift for one of two stairwells. This past summer, OSM experienced a brown out and power outage that lasted for a few days and left residents without the use of the elevator. The chair lift will allow for emergency usage during a power outage. We are asking everyone to participate and contribute towards our project. On April 3rd, management will host a resident kick-off luncheon at 12:30 pm in the community room for the campaign.

As part of the campaign, OSM will receive a percentage of grant funds from the PVM Foundation based upon the total amount raised throughout the organization. Simply put, the more funds we're able to raise, the more the Foundation will contribute towards accomplishing our project goal amount of \$4,500.00.

I want to encourage everyone to reach out to their family, friends, organization(s) and places of worship, and personally ask them to contribute to this worth-while project campaign. Please keep in mind, we are non-for-profit senior community and all events and up-grades to the building are in large part due to the donations that we receive from donors. All donations are considered a tax deductible contribution. I believe we can do or have anything we desire, if we come together as a Village; esteeming one another greater than ourselves. So, on April 3rd, come down to the community room and join us for a delicious lunch and help us jump start this year's campaign! Donation envelopes will be available. Let's work together and accomplish our project goal. **Go Monarchs!!!**

Aaron E. Price
Administrator



The Village of
**Our Saviour's
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

Look for PVM on:





Monarch Moments

By Martha Adams,
Resident Volunteer Program Coordinator

Hello Our Saviour's Manor,

I would like to THANK everyone who had a hand in helping with the setting up and tearing down of our 1st and Wonderful Valentine's Day Party – It was a great success. OSM Residents are the Best!



Schwan's Delivery Schedule

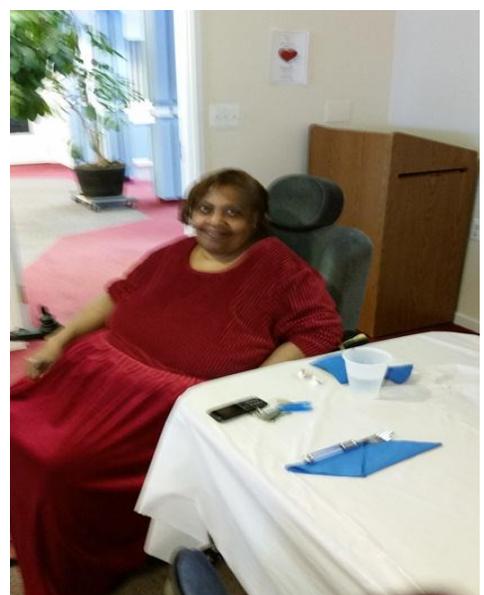
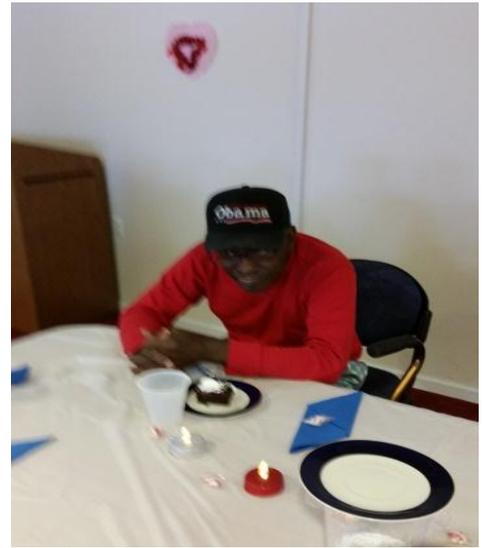
Wednesday,
March 11th
and
March 25th
at
10:00 a.m.



Our next holiday luncheon will be Tuesday, March 17th. @ 12:30 pm in the community room for St. Patrick's Day. Come in your **GREEN!!!**

Come and join us for the Resident Activity meetings that are held on the second and fourth Wednesday of the month. Check your calendar for other events and activities that are taking place throughout the month.

Valentine Day Party Pictures





Coordinator's Corner

By Nicole St. John-Wingenfeld,
Service Coordinator

Happy March OSM,

As we begin this month we think of things like St Patrick's Day, spring, and keep our finger crossed for warmer weather toward the end of the month. But did you also know that some celebrate the birthday of a wonderful children's book writer and master of rhyming Dr. Seuss on March 2. If he was alive today he would be 101 years old. His books are still read to children today as they were though many generations. So I hope as you read this you thought of a book you may have read or your favorite title or character and it brought to you a smile and fond memory.

This month we are also beginning our diabetic PATH classes offered by The Senior Alliance. On March 18th beginning at 10am in the community room we will have a sign-up and information session on the new PATH program. Diabetic PATH will run from April 7th-May 12th from 10am-12:30pm in the community room. This program is an extension of the regular PATH for Chronic Illness program that has been offer here in the past. Also Easter is coming on April 5 and The Senior Alliance is offering a meal for the holiday. Applications were dropped off to every apartment on Thursday February 19th and will be accepted until Thursday March 19th. Additional applications are available in the Service Coordinator's office if needed. I hope everyone has a great month and is looking forward to spring and the warmer weather it brings.

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..."

— Dr. Seuss, *Oh, The Places You'll Go!*



The Village of
**Our Saviour's
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

OSM Board of Trustees

Johnnie Jackson, Board Chair

Rev. David Huber, Treasurer

Diane Hicks-Walker, Secretary

Natalie Brothers, Member

Dereka Johnson, Member

Carolyn Kimbrough, Member

Michelle Williams, Member

Myra Davenport, Member

Judy Piccininni, Member



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

The Importance of Healthy Snacking



Snacking is our “go-to” for many situations. If we're bored, tired, hungry, or otherwise, we can be tempted to grab a bag of chips or a couple cookies and munch away. Because of the types of foods we tend to eat when we snack, snacking has been given a bad name. Believe it or not, however, snacking can actually be quite good for you. When we eat healthy foods between meals, it can help increase our energy level, fight weight gain, and boost mood.

When you find yourself hankering for a snack, try something on the healthy side. Snack foods to focus on are ones high in fiber and rich in antioxidants. Foods such as whole wheat crackers, granola bars, and cereal are great sources of fiber that are also filling. Nuts are great sources of protein and healthy fats, and can help give you energy when you start feeling tired. Fruits such as grapes, cherries, and blueberries are easy to grab when you're on the go and offer an array of healthy nutrients.

Healthy snacks are also a great thing to share with friends. The next time you're in the mood for a between meals snack, invite your neighbors over for some delicious, healthy foods. Not only will you enjoy the food, I'm sure you'll enjoy the company too.

Fitness For You!
Join Anita Robinson every Monday &
Thursday morning
9:00 a.m. - 10:00 a.m.
In the Community Room!!



Mission, Vision & Values

Just as water from a wellspring is pure and clear, we want our Vision, Mission and Values to be rock solid and easily seen.

Vision

Changed Lives. Strong Families. Transformed Communities.

A ripple is caused by making a splash. Many of our clients believe they can make no positive impact at all. By engaging with the individual to build self-esteem and dip into their own God-given potential, a splash of hope ripples through the individual and the family. We believe this ripple cannot only reach distant shores, but its lasting effect can transform whole communities.

Mission

Motivated by Christ's love, we engage people as they experience and embrace their God-given potential.

At the source is God's love. We seek to release and be a channel of the love that Jesus, by his example, poured out in abundance. It's a love that puts the good of neighbor above personal interests and engages those on the "outside," as he did with a woman he met at a well. Because of this meeting, her life, her family and community were transformed.

Values

Our values are the things we must live out — things we must not only believe but be. These values help direct our actions and drive our behavior.

- ❖ **Christ-centered**
- ❖ **Excellence**
- ❖ **Integrity**
- ❖ **Life**

Our Vision Changed lives. Strong families. Transformed communities.




Hope flows through us.



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

Friends & Family: Coming to Your Village in April!

The annual **Friends & Family Appeal** will be coming to your Village in the month of April! This fundraising campaign is an opportunity for PVM residents to raise funds for projects and programs to enhance and enrich their lives. The 2015 goal is to raise \$136,000 cumulatively across all participating PVM Villages.

Help your Village reach its individual project goal and make a gift during Friends & Family (F&F) from April 1st-30th! Every gift this year is eligible to be matched since the match will be awarded at the end of the appeal and will no longer be first-come, first-matched. The match will be based on the percentage each Village raises toward the cumulative F&F goal. So, the more funds your Village raises, the more matching dollars you'll receive! *Example:* If your Village raises 10% of the cumulative F&F amount raised, then your Village will receive 10% of the matching funds available.

To learn more about your Village's individual fundraising goal and project, attend your Village Kick-Off Party or look for flyers and posters. Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, *every gift matters!*

To Make a Gift:

- See the front desk or your Administrator for a donation envelope
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040 or pvmfoundation@pvm.org. Best of luck to ALL the Villages for a successful Friends & Family Appeal!

Warm regards,
Paul J. Miller, CFRE



Do the math!

Secure a fixed rate annuity to generate income for life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

IMPROVE
YOUR CASH
FLOW!

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

For more information, call Paul Miller at the
PVM Foundation **248.281.2045**
www.pvmgifts.org

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.



Mayor's Message

By William Wild,
Mayor, City of Westland



Greetings!

During these cold days, you may be looking for some fun in-door activities. The Westland Friendship Center has an incredible portfolio of senior resources and older adult programs in Westland. We have daily exercises, computer classes, bingo, drawing classes, ceramics, various card games and a bowling league, to name just a few.

If you are looking for a fun event, the Bowling Blast for the Veterans Memorial Garden is being held on March 27 at 7 p.m. at the Westland Bowl. You can find out about all of our activities and events on our website.

Public safety is a priority and that is why our new Westland Fire Station is strategically located to provide a high-level of response to both fire and EMS emergencies while supporting other fire stations.

Wayne-Westland Fire Chief Michael Reddy and I proudly cut the ribbon and officially opened the new \$3 million fire station. The new station is named after late fire chief Ralph Savini is located at Central City Parkway

We are about to embark upon our 13th year of Relay in the Wayne-Westland area! We are so fortunate to have so many Westland residents helping to finish the fight against cancer.

Your local American Cancer Society *Relay For Life* event is a great place to take action and fight back against cancer. The *Relay For Life* movement features community and campus events that offer an inspiring opportunity to honor cancer survivors, promote how individuals can reduce their cancer risk, and raise money to help end cancer. Today, with the support of thousands of volunteers, the American Cancer Society is helping save more than 400 lives a day. And we won't stop until we finish the fight!

I would also like to remind you about Nankin Transit, which is a connector bus system that offers curb to curb service for seniors and the disabled. Nankin Transit serves residents that reside in the cities of Wayne, Westland, Inkster and Garden City. Hours of service are 8:30 a.m. to 5:00 p.m., Monday through Friday.

If you have any questions or concerns, please do not hesitate to contact my office. I am honored to be your Mayor and want you to know that my door is always open. I am here to serve the community and work with you to create a city we are all proud to call home.

I want all of our residents to stay connected and learn about the City's latest achievements and recognitions by visiting our website at www.CityofWestland.com, liking us on Facebook, and following us on Twitter.

As we celebrate St. Patrick's Day this month, I leave you with this Irish blessing: May your blessings outnumber the shamrocks that grow; and, may trouble avoid you wherever you go.

Sincerely,
William R. Wild



Notes From The Parish Nurse

By Carolyn Kimbrough,

Parish Nurse, Lutheran Church of Our Saviour|The Village of Our Saviour's Manor

Happy March!

Spring will soon be arriving, at least calendar-wise. Spring brings new birth, much like the season that it falls in; Lent. During these 40 days of Lent, many of us give up something, but I say take on something! Take on the Joy of Jesus, and as HE did, love your neighbor and your fellow man. For forty days and beyond, read the “good book”, and enjoy some of greatest stories ever told. As the buds on the trees begin to flourish and the flowers pull their heads above the earth, thank God for the wonders that he gives to us each day. How small our aches and pains become, when we focus on others. It is also important to take time out to re-evaluate ourselves. Our health and well-being is important in order that we can devote some time to others.

This month is National Nutrition Month and Physical Activity Month. These two important health issues help us to frame our position for better health. Eating and making healthy choices will help keep weight in check and keep the blood pressure and cholesterol levels in normal range. Physical activity of any sort is good and helps keep the heart strong while maintaining muscle tone. Being overweight is associated with more cardiovascular disease risk factors in men and women, even when they are considered healthy and fit.

You each have an opportunity to seek rebirth, through your faith and life changes. Eating healthy can be as easy as baking rather than frying. Using low fat products or no fat products during cooking and then get moving! Walking, climbing the stairs or just keep moving can be a start.

I'm continuing to come to the Manor every 2nd and 4th Monday of each month.

“The righteous have enough to eat, but the wicked is always hungry”.

Proverbs 13:25



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

GLEN CAMPBELL A ROLE MODEL FOR US ALL

Recently PVM co-hosted a showing of Glen Campbell's new movie, "I'll Be Me" which chronicles his challenging journey of living with Alzheimer's disease. Although his condition saddens us, the movie was uplifting in many ways since his family and colleagues provide an environment of dignity and respect for him. He has also dealt with the situation with grace, humor and an amazing spirit. Glen also received a Grammy Award recently and will help to draw attention to Alzheimer's and the need to direct resources and focus on its cure.

At the movie showing in Ann Arbor at The Michigan Theater, the Alzheimer's Association provided information as to the signs for early detection.

They are:

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

If you or someone you know experience any of these warning signs, please see a doctor. For more information call (800) 272-3900 or visit www.alz.org/10signs.

Foreign Language Classes

"I'm going to learn a foreign language someday?"

If this is something you've said that day has finally come. The Westland Library is offering free lessons online. Anyone interested in taking a class can sign up on the website.

www.westlandlibrary.org.

Go on obtain a library card, choose a language and you will be free to start taking the course.

You can do it in the Computer Lab or on your personal computer, providing you have internet in your apartment. You will also need speakers in order to hear the instructor. If you have any questions computer related or concerning this class, please see Will on Tuesday from 10:30 a.m. to 12 noon in the OSM Library/Computer Lab.



Mike's Maintenance Tips

By Michael Hooton,
Maintenance Technician

Garbage Disposal Tips



- A. Garbage disposals are not intended to be used as a trash can. Fat or grease collected during cooking should never be disposed in a garbage disposal as it will solidify in the grind chamber and drain line, resulting in blockage.
- B. Food waste that is hard, such as shellfish, large bones, or fruit pits, should not be placed in a garbage disposal because it can dull the grinding blade.
- C. Fibrous or starchy food waste, such as coffee, celery, artichokes, egg shells, corn husks and banana peels. These materials have the potential to block or jam the disposal their fibers can become tangled or can expand with moisture.
- D. On a weekly basis, the garbage disposal should be flushed with cold water. Fill the sink with clean cold water, pull the drain stop and allow the water to drain. The flushing action of the water leaving the sink through the drain will purge the drain line of any loose food waste.

Snow Tips

1. If a resident plans to be away from the property overnight or for a vacation and will be leaving his/her vehicle parked in front of their building, he/she must notify the office with the name and telephone number of the person who will be responsible in his/her absence in case of an emergency.
2. A container of salt will be provided at the front entrance. This container is for resident use when they notice a slippery spot on the sidewalk or at the entrance. This is for **SAFETY REASONS ONLY!!!** This salt is not to be used for any other reason than stated above. (Please notify the office when salt pails are less than ½ full).

A few additional Reminders:

- Please report all maintenance repairs to the office. (734-595-4663)
- Dial 734-740-4777 for after hour maintenance emergencies
- Please do NOT turn your heat off – temperatures are at their lowest this month.

Please Stay Warm and Dress appropriately.



Bruner's Brief Bulletin

By Graziella Bruner,
Administrative Assistant

March is also known as "*Women's History Month*".

National Women's History Month was established by presidential proclamation in order to draw attention to and improve the focus on women in historical studies. It began in New York City on March 8, 1857, when female textile workers marched in protest of unfair working conditions and unequal rights for women. It was one of the first organized strikers by working women, during which they called for a shorter work day and decent wages.

On March 08, 1908 women workers in the needle trades marched through New York City's Lower East Side to protest child labor, sweatshop working conditions, and demand women's suffrage. In 1910, March 8th was observed as International Women's Day. Women's History Week was instituted in 1978 in an effort to begin adding women's history into educational curricula. In 1978, the National Women's History Project successfully petitioned Congress to include all of March as the Celebration for the economic, political, and social contributions of women.

March 10, 1903 – Claire Boothe Luce, politician & playwright, was born in New York City – She served in the House of Representatives 1943-1947. She later became the 1st woman appointed as U.S. Ambassador to a major country. (Italy)

March 12, 1994 – The Church of England ordained 32 women as its first female priests.

March 14, 1833 – Lucy Dobbs was born in New York City – she was the first female dentist. She received her degree in 1866 from the Ohio College of Dental Surgery and she was a women's rights advocate.

Sarah Breedlove – (12/23/1867 – 5/25/1919) Known as "Madame C.J. Walker – she was the first black woman self-made millionaire with her hair products. She had beauty schools in 3 states. She had the largest manufacturing company in the world.

2005 – Ellen Johnson Sirleaf became the first black woman to be elected President of an African State. She's a Politician and Economist, she studied at Harvard and became Minister of Finance on her return to Liberia.

2005 – Oprah Winfrey – The first black woman to become a Multi-millionaire according to Forbes Magazine.

2009 – Michelle Obama – The first black woman to become The First Lady of the United States.



Shining Star Nomination



The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence. Employees, Residents, Families, and Board members are eligible to nominate a PVM employee. Nominations that do not do a narrative will be accepted but will not be considered when determining the top 10 so please write more rather than less!

Name of Nominee: _____ PVM Village: Our Saviour's Manor

Email: _____ Phone: (734) 595-4663 Cell: () _____

All nominees must have completed at least 90 days of employment to qualify.

Criteria: The Service Standards of Excellence are built on four core values, listed below, and these values serve as a standard against which every action and thought can be measured and support a culture where team members share their best work, their gifts and talents. Please write a summary on **at least one and as many as four**. Write below each core value, in your own words, why you feel this person meets that particular value. Use the **back** of this form for additional comments.

(1.) Listening with full attention to another person and seeking to understand. _____

(2.) Relationships are our way of forming meaningful and genuine connections with our residents, each other and the community. _____

(3.) Accountability is the willingness to accept responsibility and to deliver upon expectations. _____

(4.) Respect is treating all with dignity and worth. _____

Name of Person **Submitting** Form: _____

PVM Village: The Village of Our Saviour's Manor Email: _____

Signature of Person Submitting Form: _____ Date _____

Please place an **X**: Employee: _____ Resident: _____ Family: _____ Other: _____

Please turn the completed nomination form directly to the PVM Human Resources **no later than April 1st of 2015**. **You can email, fax, or mail materials to:** Presbyterian Villages of Michigan, Human Resource Nicole Banks, 26200 Lahser Rd., Suite 300, Southfield, MI 48033, nbanks@pvm.org or Fax 248.281.2096



Presbyterian
Villages
OF MICHIGAN

Shining Star Nomination



Name of Nominee: _____

(1.) Listening with full attention to another person and seeking to understand. _____

(2.) Relationships are our way of forming meaningful and genuine connections with our residents, each other and the community. _____

(3.) Accountability is the willingness to accept responsibility and to deliver upon expectations. _____

(4.) Respect is treating all with dignity and worth. _____

Events for March 2015



Happy Birthday!!!

Daviene Palmer
March 18th

Marsha Desausure-McCloud
March 25th

Mattie Smith
March 29th



<i>March 2015</i>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00-10:00 am Wellness Exercise 2:00 pm Movie Day 6:00 pm Bible Study	3 9:30-11 am Victory Cup Practice 10:30 am Computer 2:00 pm Nails by Ms. Margo	4 9 am Coffee & Conversation 11:00 am Focus Hope	5 9:00-10:00 am Wellness Exercise 1:00 pm Walmart	6 9 am Coffee & Conversation 4:00 pm Reminiscing	7 9 am Coffee & Conversation 3:00 pm Movie Day
8 DAYLIGHT SAVINGS TIME SPRING-FORWARD SPRING FORWARD	9 9:00 am-10:00 am Wellness Exercise 11 am-1 pm Parish Nurse 6:00 pm Bible Study	10 9:30-11 am Victory Cup Practice 10:30 am Computer 2:00 pm Nails by Ms. Margo 2:00-5 PM Wii Games	11 9 am Coffee & Conversation 10:00 am Schwan 11:00 am Activity Meeting 2:00 pm Sing Along	12 <u>World Kidney Day</u> 9:00-10:00 am Wellness Exercise 1:00 pm Kroger	13 9 am Coffee & Conversation 1:00 pm Bingo	14 9 am Coffee & Conversation 3:00 pm
15	16 9:00-10:00 am Wellness Exercise 2:00 pm Movie Day 6:00 pm Bible Study	17 <u>ST PATRICK'S DAY</u> 9:30-11 am Victory Cup Practice 10:30 am Computer 12:30 pm St. Patrick's Day Luncheon	18 9 am Coffee & Conversation 10:00 am Diabetic Path Sign Up 11:00 am Resident Meeting	19 9:00-10:00 am Wellness Exercise 1:00 pm Meijer	20 <u>SPRING BEGINS</u> 9 am Coffee & Conversation 4 pm Music	21 9 am Coffee & Conversation 4:00 pm Game Night
22	23 9:00 am-10:00 am Wellness Exercise 11 am-1 pm Parish Nurse 6:00 pm Bible Study	24 9:30-11 am Victory Cup Practice 10:30 am Computer 2:00 pm Nails by Ms. Margo 2:00-5 PM Wii Games	25 9 am Coffee & Conversation 10:00 am Schwan 11:00 am Activity Meeting 2:00 pm Sing Along	26 9:00-10:00 am Wellness Exercise 12:00 pm Bob Evans	27 9 am Coffee & Conversation 1 pm Bingo 1 pm Movie Outing	28 9 am Coffee & Conversation 12 noon Luncheon
29 palm SUNDAY	30 <u>NATIONAL DOCTORS' DAY</u> 9:00-10:00 am Wellness Exercise 2:00 pm Movie Day 6:00 pm Bible Study	31 9:30-11 am Victory Cup Practice 10:30 am Computer 2:00 pm Nails by Ms. Margo	1	2	3	4

March's Recipe

Pistachio Dessert



Ingredients

- 1 ¼ cups biscuit baking mix
- ½ cup chopped walnuts
- 1 tablespoon brown sugar
- 3 tablespoon cold butter
- 1 package (8 ounces) cream cheese, softened
- 1 cup plus 1 tablespoon confectioners' sugar, divided
- 1 cup heavy whipping cream, whipped, divided
- 2 ½ cups cold milk
- 2 packages (3.4 ounces each) instant pistachio pudding mix
- Chocolate curls, optional

Directions

1. In a small bowl, combine the biscuit mix, walnuts and brown sugar. Cut in butter until mixture resembles coarse crumbs.
2. Press into an ungreased 13 X 9 inch baking pan. Bake at 375 degrees for 10 – 12 minutes or until lightly browned. Cool on a wire rack.
3. In a small bowl, beat cream cheese and 1 cup confectioners' sugar until fluffy. Fold in half of the whipped cream, spread over crust. Stir remaining confectioner's sugar into remaining whipped cream; refrigerate until serving.
4. In another bowl, whisk milk and pudding mixes for 2 minutes. Let stand for 2 minutes or until soft set. Spread over cream cheese layer. Cover and refrigerate for at least 4 hours before serving.
5. Garnish with sweetened whipped cream and, if desired, chocolate curls. Yield: 15 Servings – Prep Time: 30 minutes + chilling.

Monthly Word Search



F	V	S	B	H	S	D	F	O	P	O	P	O	T	O	F	G	O	L	D
G	Y	T	R	A	D	I	T	I	O	N	T	F	V	R	C	K	H	S	Q
H	H	P	N	R	W	Q	R	L	L	I	Y	I	C	T	M	H	G	W	S
S	P	A	H	E	G	A	E	U	K	K	H	O	X	G	A	Y	T	A	W
E	L	T	Y	D	F	R	D	I	L	U	C	K	Y	B	R	U	F	R	G
V	K	R	D	X	G	X	E	K	U	L	Y	L	W	P	C	J	D	A	H
E	J	I	F	C	H	Z	H	E	I	M	J	U	H	O	H	R	E	I	T
N	M	C	L	O	V	E	R	J	N	N	G	Y	O	L	D	T	S	N	J
T	N	K	E	B	J	M	T	T	T	T	F	J	L	K	E	G	X	B	U
E	Q	S	W	T	U	J	Y	G	G	G	D	H	I	J	F	F	C	O	K
E	W	D	P	M	Y	N	U	H	B	H	S	N	D	N	T	S	G	W	I
N	S	A	N	A	I	L	E	P	R	A	C	H	A	U	N	H	H	D	L
T	A	Y	H	L	R	H	I	Q	E	B	W	Q	Y	Y	H	A	J	S	O
H	Z	J	B	K	O	A	O	W	D	R	A	W	R	J	G	M	U	X	P
M	A	G	I	C	P	G	D	I	F	E	C	E	L	E	B	R	A	T	E
K	X	N	S	J	L	F	L	E	R	W	S	D	G	D	J	O	K	E	V
I	C	M	X	H	K	D	K	D	W	I	D	Z	T	W	U	C	O	D	F
L	B	V	E	G	A	C	H	V	Q	S	S	X	F	S	K	K	L	C	R
D	N	I	R	E	L	A	N	D	T	D	C	H	C	X	L	V	P	V	S
G	H	C	D	V	S	X	G	C	Y	C	X	F	D	L	E	G	E	N	D

St Patricks Day

Leprachaun

Pot of Gold

Tradition

Clover

Holiday

Lucky

Green

Rainbow

Magic

Irish

Parade

Shamrock

Ireland

Legend

Celebrate

March

Seventeenth

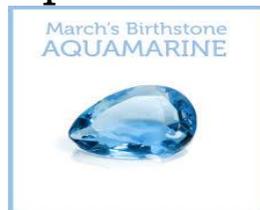
March Observances & Fun Facts:

March is observed as:

Women's History Month
National Nutrition Month
Save Your Vision Month
Workplace Eye Wellness Month
Colorectal Cancer Awareness

Birthstone:

Aquamarine



Fruits and Vegetables:

Kiwi
Canistel (Eggfruit)
Guava
Grapefruit
Tamarillo
Feijoa
Red Banana
Kiwano Melon
Green Onions & Leeks

March Flower:

Daffodil



On Site Banking



Public Service Credit Union
will be here,
March 2nd
at 3:00 p.m.

They will take care of all your
banking needs, supply
quarters, and stamps as well.



Local Business:

<p>FREE DELIVERY ONLY FOR OUR FRIENDS: The Village of Our Saviour's Manor. 3 times Daily</p> <p>BREAKFAST: ORDER BY 8:00 AM DELIVERED BY: 9:30 AM</p> <p>LUNCH: ORDER BY 10:30 AM DELIVERED BY 11:30 AM</p> <p>DINNER: ORDER BY 3:30 PM DELIVERED BY 5:00 PM</p>	 <p>Adam's Family Restaurant</p> <p>4675 S. MIDDLEBELT RD, WESTLAND, MI 48186 734 331-3256</p> <p>HOURS: MON – SAT 7AM – 8PM, SUN 7 AM – 3 PM SPECIALIZING IN HOME COOKING NEW OWNERSHIP – ADAM ADAMOPOULOS https://www.facebook.com/AdamsFamilyRestaurant</p>		
<p>7 DAYS A WEEK, 7AM -11AM FULL BREAKFAST SPECIAL 2 *EGGS, 3 PIECES MEAT, POTATO & TOAST \$2.99</p> <hr/> <p>ALL DAY FRIDAY 3 PIECE FISH DINNER, POTATO/RICE, BREAD, SOUP OR SALAD, HOMEMADE RICE PUDDING \$6.99</p> <hr/> <p>HAMBURGER COMBO BURGER, FRIES & SODA \$5.99</p>	<p>DAILY MENU PRICES</p> <table border="0"> <tr> <td data-bbox="711 709 992 1041"> <p>WAFFLE & CHICKEN THIGH, LEG \$5.99</p> <p>FULL WAFFLE & CHICKEN 2 *EGGS, GRITS OR POTATO, BREAST, WING, THIGH & LEG \$8.99</p> <p>3 *EGG OMELETTES WITH HASHBROWNS & TOAST \$4.99 - \$8.49 Made with fresh vegetables</p> </td> <td data-bbox="1040 709 1403 1056"> <p>SOUP & SANDWICH COMBO HAM, TURKEY, ROAST BEEF, TUNA SALAD, CHICKEN SALAD, FISH, BLT, \$4.99</p> <p>SALADS SPECIALTIES SMALL SALADS \$4.49-\$4.99 LARGE SALADS \$6.49-\$6.99 ADD CHICKEN, GYRO \$3.99 ADD SALMON \$4.99 ADD *STEAK \$6.99 Housemade Ranch & Greek Dressing</p> </td> </tr> </table>	<p>WAFFLE & CHICKEN THIGH, LEG \$5.99</p> <p>FULL WAFFLE & CHICKEN 2 *EGGS, GRITS OR POTATO, BREAST, WING, THIGH & LEG \$8.99</p> <p>3 *EGG OMELETTES WITH HASHBROWNS & TOAST \$4.99 - \$8.49 Made with fresh vegetables</p>	<p>SOUP & SANDWICH COMBO HAM, TURKEY, ROAST BEEF, TUNA SALAD, CHICKEN SALAD, FISH, BLT, \$4.99</p> <p>SALADS SPECIALTIES SMALL SALADS \$4.49-\$4.99 LARGE SALADS \$6.49-\$6.99 ADD CHICKEN, GYRO \$3.99 ADD SALMON \$4.99 ADD *STEAK \$6.99 Housemade Ranch & Greek Dressing</p>
<p>WAFFLE & CHICKEN THIGH, LEG \$5.99</p> <p>FULL WAFFLE & CHICKEN 2 *EGGS, GRITS OR POTATO, BREAST, WING, THIGH & LEG \$8.99</p> <p>3 *EGG OMELETTES WITH HASHBROWNS & TOAST \$4.99 - \$8.49 Made with fresh vegetables</p>	<p>SOUP & SANDWICH COMBO HAM, TURKEY, ROAST BEEF, TUNA SALAD, CHICKEN SALAD, FISH, BLT, \$4.99</p> <p>SALADS SPECIALTIES SMALL SALADS \$4.49-\$4.99 LARGE SALADS \$6.49-\$6.99 ADD CHICKEN, GYRO \$3.99 ADD SALMON \$4.99 ADD *STEAK \$6.99 Housemade Ranch & Greek Dressing</p>		
<p>DINE IN ONLY. SENIOR (60 AND OVER) DINNER SPECIAL 50% OFF MONDAY-SATURDAY 3-5PM VEAL CUTTLETS, SPAGHETTI, ROAST TURKEY, FISH & CHIPS, OR CHICKEN BREAST, DINNERS COME POTATO/RICE, VEGTABLE & SOUP OR SALAD, ROLL & HOMEMADE RICE PUDDING 5 DINNERS UNDER \$5.00</p>			

Village Staff

Presbyterian Villages of Michigan Mission Statement

Guided by our Christian heritage, we serve seniors of all faiths and create new possibilities for quality living.

www.pvm.org

Aaron Price
Administrator

Michael Hooton
Maintenance Tech

Graziella Bruner
Administrative Assistant

Anita Robinson
Wellness Instructor

Nicole Wingenfeld
Service Coordinator

Kesha Akridge
Director of Housing

Martha Adams
Volunteer Program Coordinator

Carolyn Kimbrough
Parish Nurse

Office Number
Emergency Number
Fax Number
Service Coordinator

(734) 595-4663
(734) 740-4777
(734) 595-2222
(734) 722-9763



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org



The Village of
Our Saviour's Manor

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and The Lutheran Church of Our Saviour

29495 Annapolis Road
Westland, Michigan 48186

Congratulations!

You are being recognized because
"What you did mattered!":



Thank you for what you did!

Employee Name: _____

Person Recognizing Employee: _____

Date: _____

**** Please turn this card into Village Administrator for a chance to win a prize ****

ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT

Embrace the possibilities